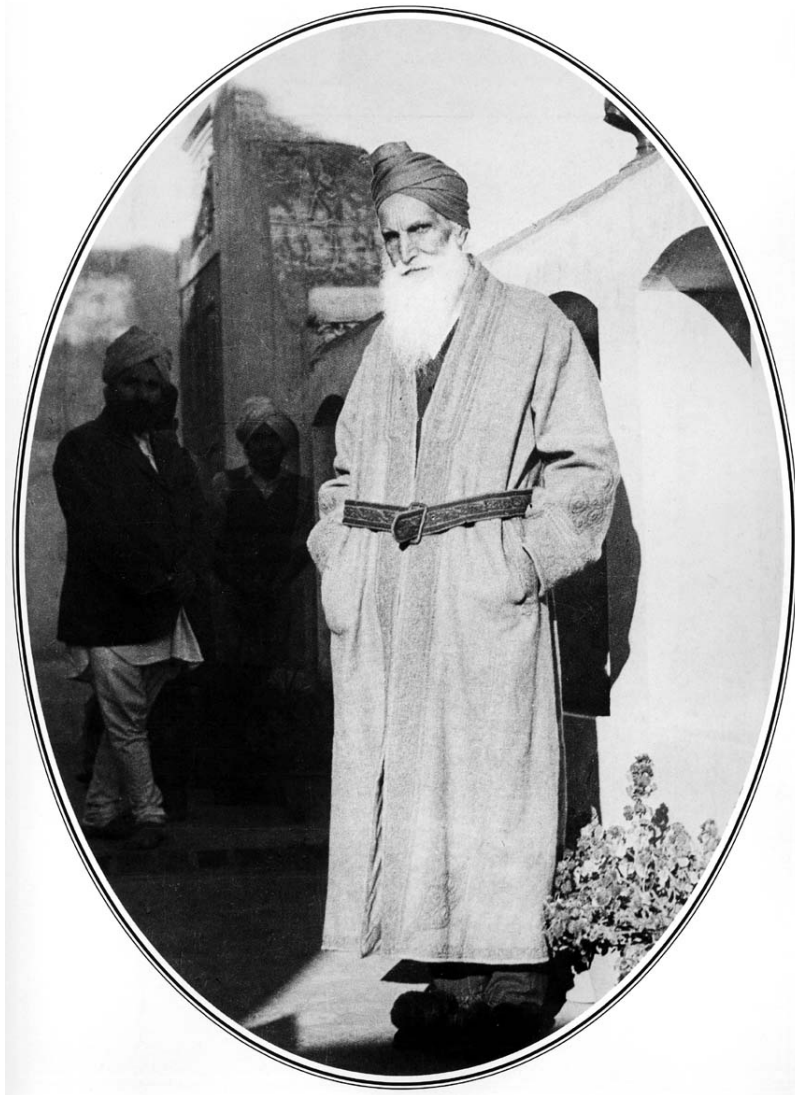


Hazur Baba Sawan Singh

Pictures & Quotes



Hazur Baba Sawan Singh Ji – 1858-1948
Sant Kirpal Singh's Guru
“The Great Master”

There is no doubt we are weak and have neither faith nor love, but there is also one hope to sustain us – that he may take pity on us and forgive our sins. We have taken refuge at his holy feet and, deservedly or undeservedly, we are his children.

(Baba Sawan Singh, Spiritual Gems, letter 171)

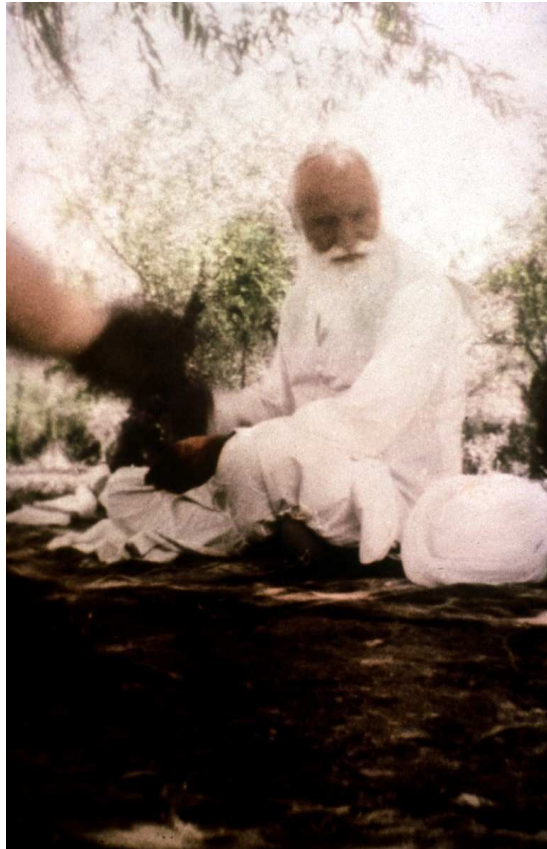
Contents

1. The Guru Is Your Protecting Angel
2. A Noble Gift
3. The Purpose of Human Life
4. A Wasted Life
5. Sincere Effort
6. A Hard Struggle
7. A Bright and Radiant Land
8. Opening the Inner Gate
9. Self-Control
10. Chastity
11. Meditation
12. Disappointment
13. Simran
14. Desire
15. Desire
16. Mind
17. The Master Tests the Disciple
18. Sweet Remembrance
19. Surrender
20. Prayer
21. Karma
22. Death
23. Rebirth
24. Retirement
25. Miscellaneous

The Guru Is Your Protecting Angel

My connection with you is not limited to this life but is for all time...
(The Self-Introspection Diary, Sept. 10, p. 90, 91)

The true form of a Guru is Holy Sound and in that form the Guru permeates every hair on your body and is seated within you. (Sant Bani Magazine, 4/85, 11)



A faithful devotee is taken care of by the Master as a child is taken care of by its mother. (The Dawn of Light, letter 61)

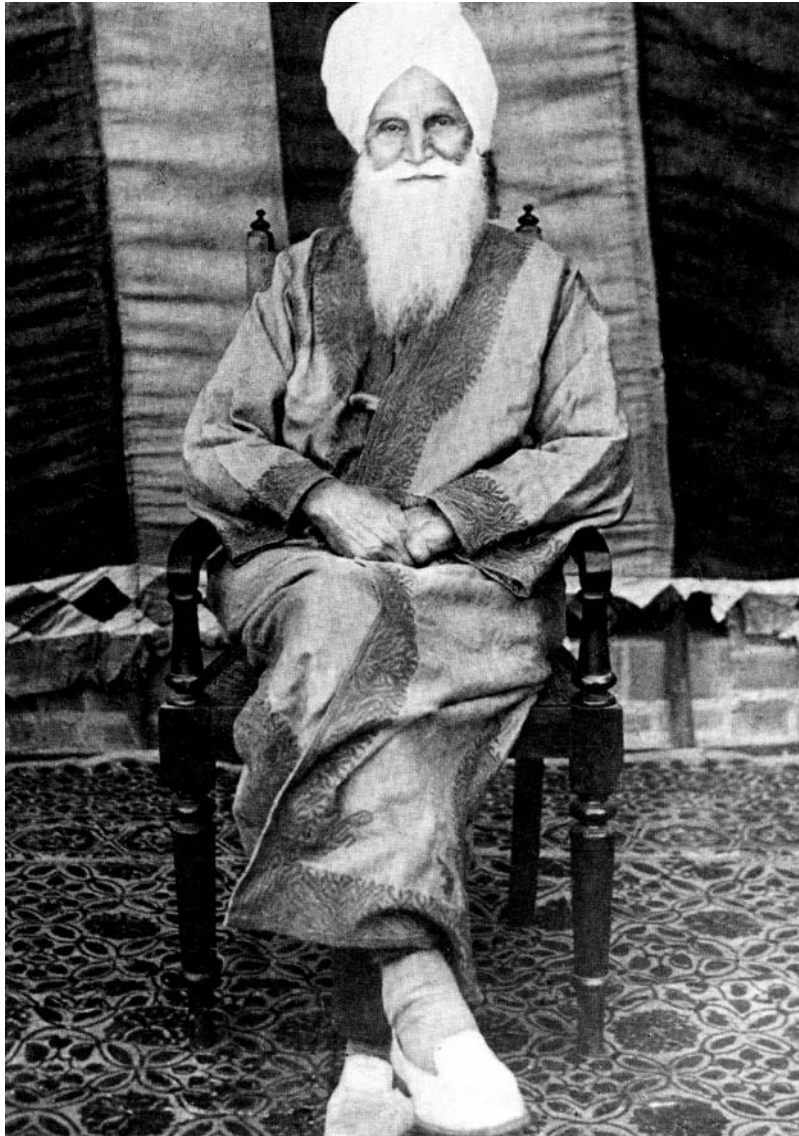
To the Master, his spiritual children are dearer than the offspring of the flesh. The latter are entitled to his worldly property but his spiritual children would succeed to his spiritual wealth. You, as disciples, are dearer to me than my own sons. (Spiritual Gems, letter 199)

The true Guru is one who is always with you and is your protecting angel.
(Discourses on Sant Mat, 128)

No initiated soul should have any doubt about Master's merciful and constant care for his spiritual welfare. (The Dawn of Light, letter 46)

A Noble Gift

You are one of the luckiest sons of Sat Purush, and He has chosen you to get Naam and go with the Master to Sach Khand. You must reach there. Nothing can prevent you. But you can hasten the progress or retard it, as you like.
(The Ambrosial Hour, 98)

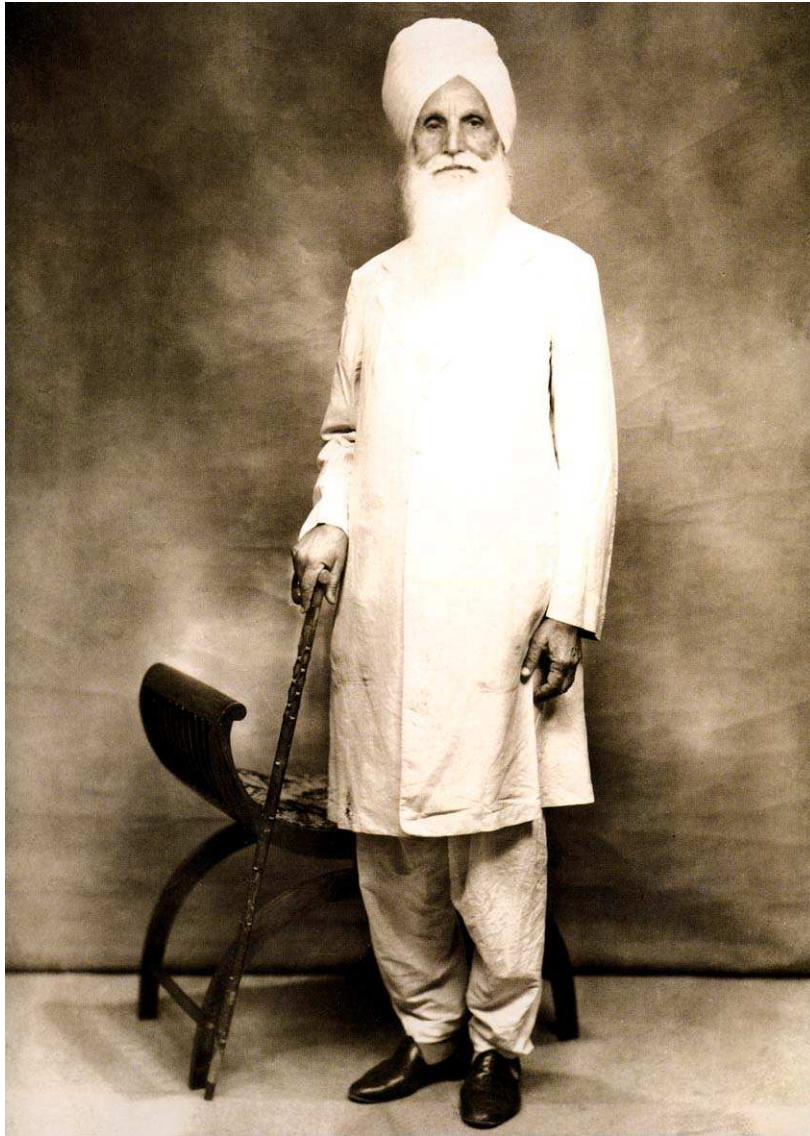


He, out of His mercy, has bestowed upon you such a noble gift that all the treasures of this world stand in no comparison with it. (The Dawn of Light, letter 4)

He who is born as human and by good luck is connected with the Sound Current and practices it, is great. He is the monarch of monarch, for he will be one with the Creator. (The Dawn of Light, letter 70)

The Purpose of Human Life

This life is for working out that fate. If in this life we give ourselves to devotion, we will not come again, but we will go back to our home. This life is for the purpose of ending our coming back into this world.
(Spiritual Gems, letter 205)



If, during lifetime, entry has been made into the eye center and the sound current has been grasped, life has been usefully spent. If this has not been done, even though all else has been done - and most successfully - then life has been wasted. (Spiritual Gems, letter 143)

A Wasted Life

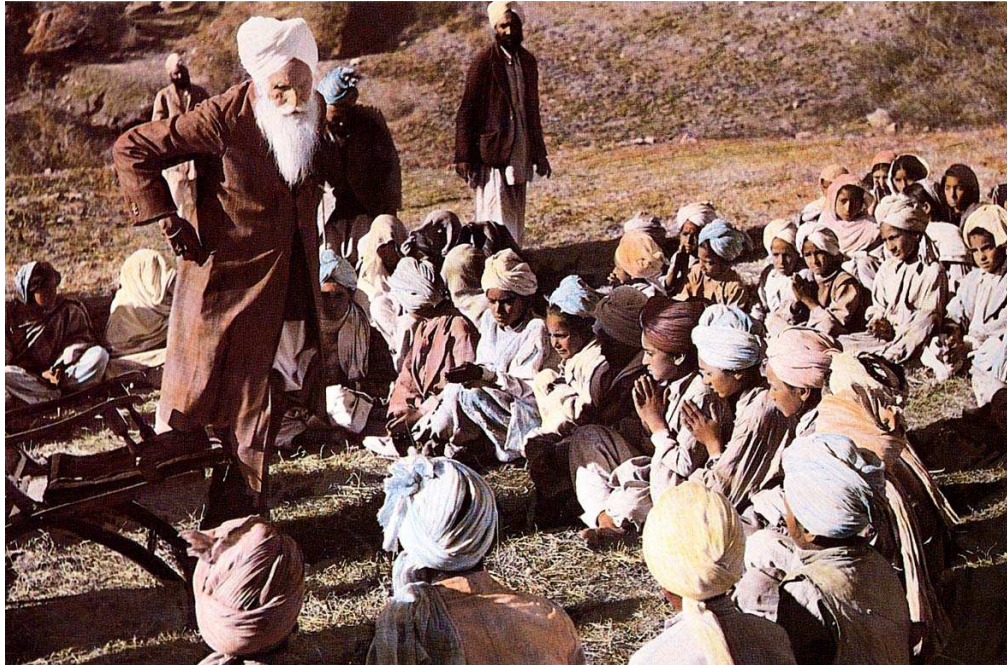
To be without Initiation and without the Guru's guidance is to lead a wasted life confined to the world seen by the outer eyes. Born in darkness, such persons also die in darkness. (Discourses on Sant Mat, 129)



He who barter away his life in the human body in exchange for the dross, the sense pleasures and other worldly objects, is the most pathetic of fools, for he is digging a pit into which he will inevitably fall himself. With his own razor, he is trying to cut his throat. (Discourses on Sant Mat, 110)

Sincere Effort

When the mind has gone in, it tastes sweetness such as it has never before tasted in worldly objects. Then it becomes obedient and faithful. So long as it has not tasted that sweetness, there is no greater enemy. The primary factor in this success is the effort of the disciple. (Spiritual Gems, letter 200)



It is better to die in sincere effort than to attain all worldly success.
(The Dawn of Light, letter 19)

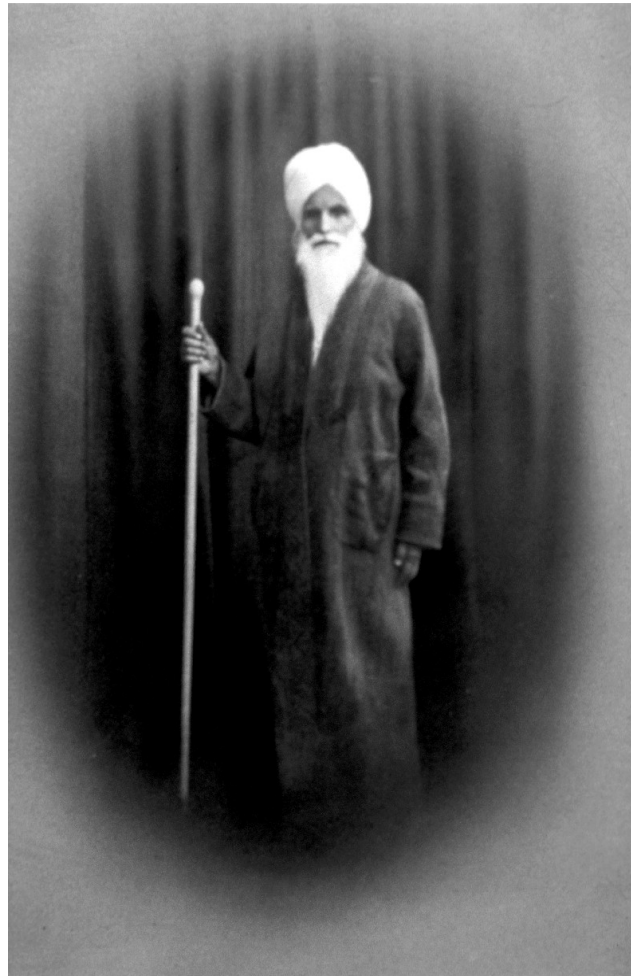
You must reach the supreme Goal in due time. Some reach it sooner, others later, according to their individual efforts and the karma they have to overcome.
(The Ambrosial Hour, 98)

The efforts of the disciple and the grace of the Master go hand in hand. Effort is rewarded with grace, and grace brings more effort. When a laborer gets his wages after a day's work, is the Master so unjust that he will keep back his grace from a diligent disciple? (Spiritual Gems, letter 200)

A Hard Struggle

You know from experience that the path is not an easy one. It is death in life - a living death. (The Dawn of Light, letter 63)

There is no task in the world so difficult as spiritual practices is in its beginning, but its end is the most joyful. (The Dawn of Light, letter 19)



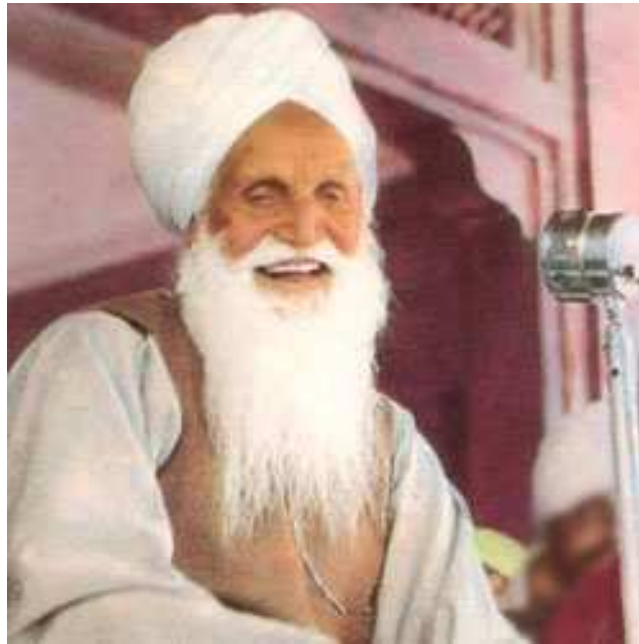
So long as the mind has not developed the capacity to throw away, at will, the impressions of this world, it cannot sit inside, disconnected from this world, nor can it have access to the inner world. But it has the capacity to do so and it has to be trained. It is a slow affair, requires patience, perseverance, and faith. (Spiritual Gems, letter 150)

In the beginning, there is a hard struggle to bring the attention to the eye focus...But when the habit to reach the focus has been acquired, the glimpses of the inner world make this study interesting. (Spiritual Gems, letter 210)

A Bright and Radiant Land

In the center behind and above the eyes there is an aperture; on this side of it is the material world, in which we are living now; and on the other side is the astral world. (The Dawn of Light, letter 66)

A travel of one single inch within is better than a trip round the globe.
(The Dawn of Light, letter 65)



Your wildest dreams or imaginings cannot picture the grandeur of what lies within. (Spiritual Gems, letter 147)

When you pierce the veil and go up, the pleasures of this world appear very low and coarse compared to the bliss you enjoy there; in fact, it is like a public latrine when compared to the inner bliss. (Spiritual Gems, letter 10)

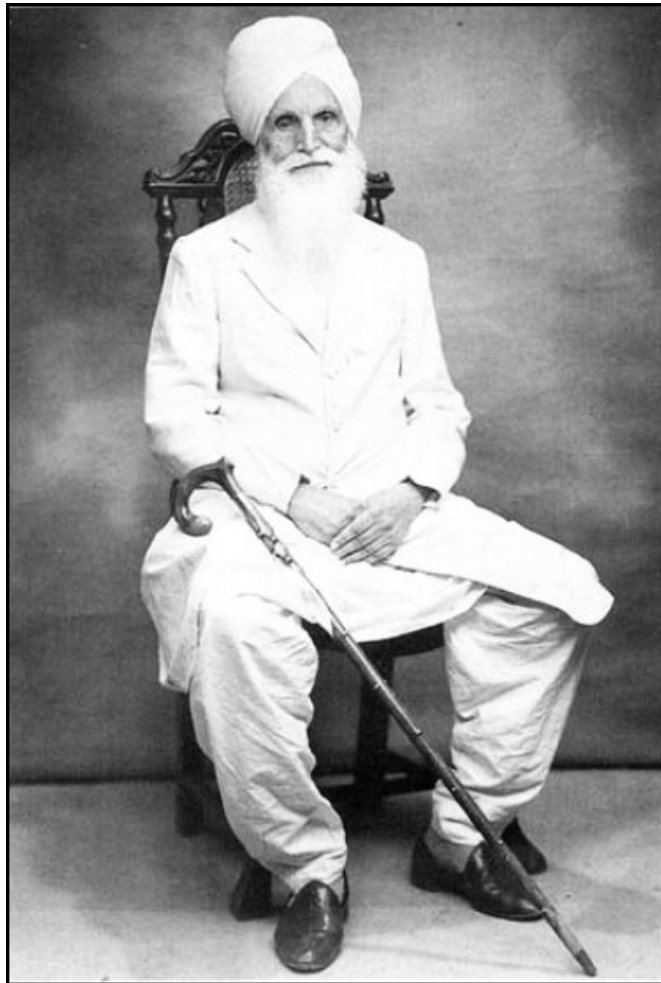
When you begin to accumulate the wealth of Naam, your soul will go within and you will find yourself in a bright and radiant land. (Discourses on Sant Mat, 40)

Please try to still the vibration of the mind, and when it stands collected in the eye center you will pass on to the regions of Light. (The Dawn of Light, letter 34)

Opening the Inner Gate

Overcoming and giving up outward tendencies, stilling the mind and dying while alive is not easy. The inner gate opens only when the outer gates are closed. There is no other way to get in. People wish to continue to run out through the outer gates and also wish to get into the inner. This is impossible. Two things cannot happen at the same time. One is to be given up to achieve the other. (The Dawn of Light, letter 79)

Brave is he who has control over his mind and senses, for the inward progress is in proportion to this control. (The Dawn of Light, letter 60)



With the longing to go within and the hearing of the Sound Current becoming tasteful, the indulgence or play in sex decreases and ultimately becomes hateful, and is automatically given up, like other bad habits, such as anger, greed and so forth. (Spiritual Gems, letter 198)

Self-Control

We are constantly beset by five foes – passion, anger, greed, worldly attachments, and vanity. All these must be mastered, brought under control. You can never do that entirely until you have the aid of the Guru and are in harmonic relations with the sound current. But you can begin now, and every effort will be a step on the way. (Spiritual Gems, letter 206)



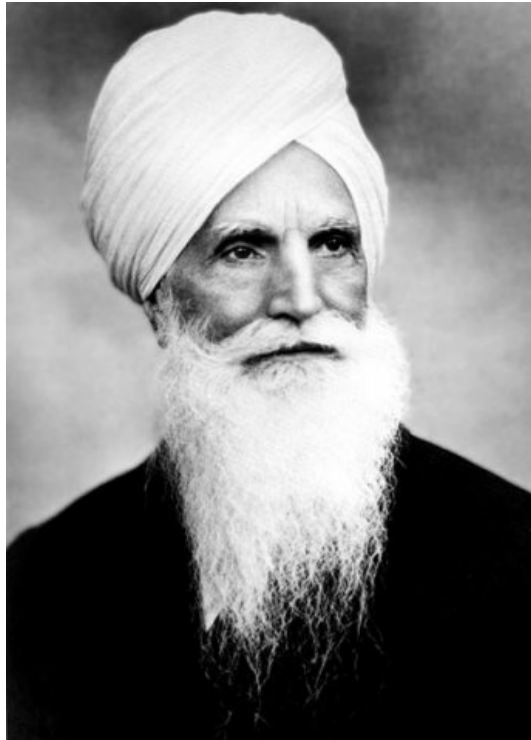
So long as the student has no control over his mind and is a slave of his senses, he can get nothing even if he sits in meditation for eight hours every day. (Discourses on Sant Mat, 46)

The path of the Masters is diametrically opposed to the path which the learned and the public follow. (Spiritual Gems, letter 131)

Chastity

Outward beauty, loveliness of form, charm of personality, whether it is yours or possessed by another, is of no lasting worth. Be not allured by this false show. Be not deluded by these transitory qualities. Handsome or ugly, fair or dark, delicate or coarse, exquisite or plain in appearance, all the forms that you behold are born of dust. They are dolls of clay. They are fleeting forms that will soon vanish and be no more. They are exactly like garments that we have purchased at the vanity-fair of this world, but which have to be discarded before we depart. Your aim in life should be to transcend them. (Discourses on Sant Mat, 288, 289)

It is only a really brave person who can refuse sensual pleasures when they are easily available. (Spiritual Gems, letter 118)



Look upon all the women of the world either as your mother, sister, or daughter, so that you may make progress in your spiritual journey. (Spiritual Gems, letter 118)

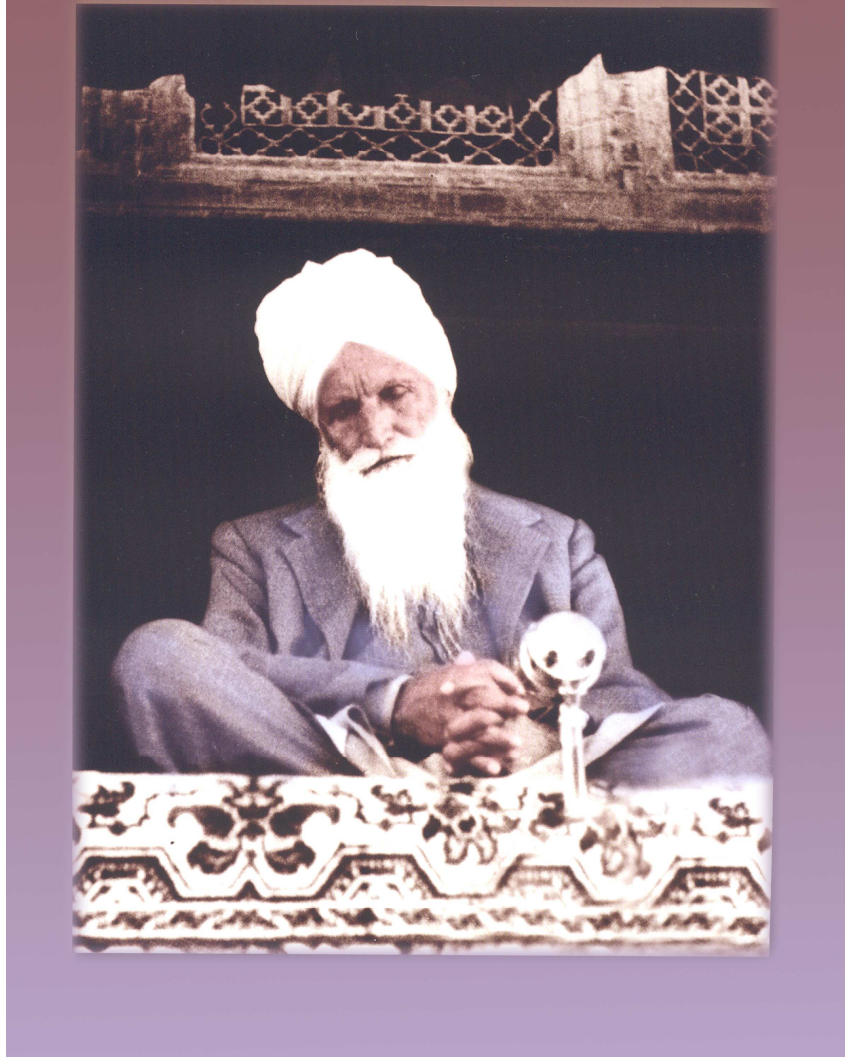
...there is no entry within as long as there is no chastity of thought and action. (The Dawn of Light, letter 61)

If you waste your energies in sex enjoyment, you cannot progress spiritually. (Spiritual Gems, letter 64)

Meditation

Do your duty and expect nothing – leave the results to the Master.
(The Dawn of Light, letter 38)

Do not worry, but sit in the spiritual exercises with great calmness. Even the desire to see scatters the mind. (The Dawn of Light, letter 66)



If a person devotes twenty hours daily in meditation and has no love and faith, he cannot progress spiritually even a little bit. (The Ambrosial Hour, 129)

The Vedas and other scriptures reveal to us the existence of tens of millions of suns and moons that are in the kingdom of heaven within us. But if we do not go within, how shall we ever behold them? (Discourses on Sant Mat, 29)

Disappointment

A period of disappointment intervenes often in the life of the devotee. This is desirable. It has a purpose. It gives the shock. After a time spent in disappointment, the intensity of love for spiritual uplift increases. A temporary obstruction in the path of determination gives it momentum to proceed ahead. (Spiritual Gems, letter 46)



No matter in what circumstances one finds himself and what new problems one is facing, a devotee should not miss his Bhajan. He may give only fifteen minutes or even five minutes to it daily, but he should be on it without a break. (Spiritual Gems, letter 181)

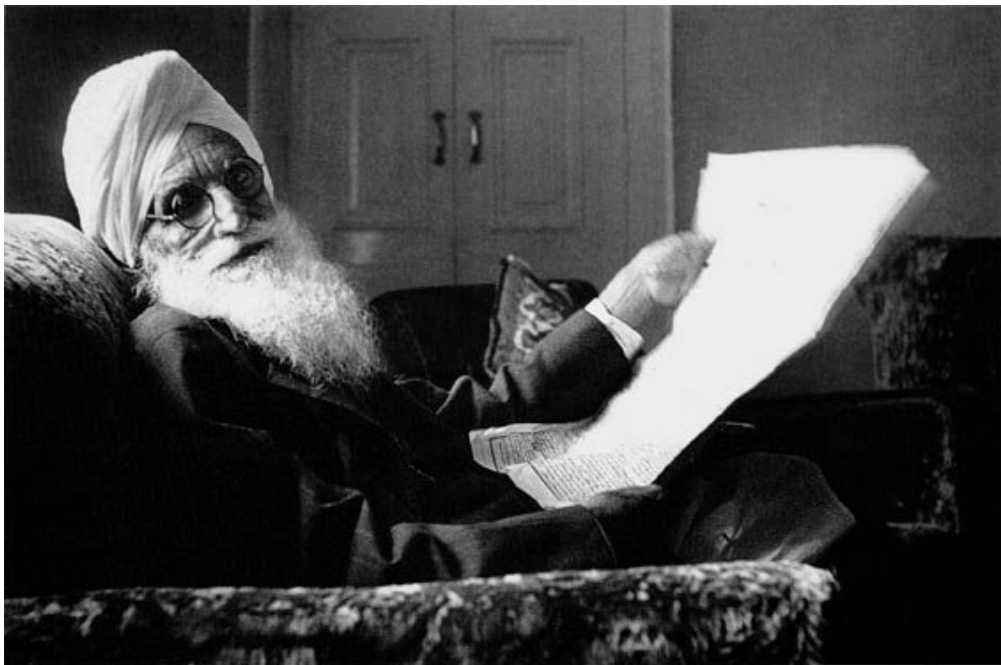
It is natural to be disappointed at the failure of our first effort, but in the spiritual journey we must have patience to wait and observe the will of the Master. (The Dawn of Light, letter 6)

Simran

By simran alone the soul leaves the body and goes up. (Spiritual Gems, letter 9)

Without love simran seems to be a burden. (The Ambrosial Hour, 129)

The sign of complete simran is that the soul will start gradually leaving the body. After crossing stars, moon and sun, it will reach the luminous form of the Satguru. To reach this point is the job of simran. Before that, consider that the course of simran is not yet accomplished. (The Ambrosial Hour, 130)



Go on steadily on the Path, and once your simran becomes perfect you will find yourself endowed with the power to stop a speeding train. There is so much power in simran. (Sat Sandesh, July 1981, 31)

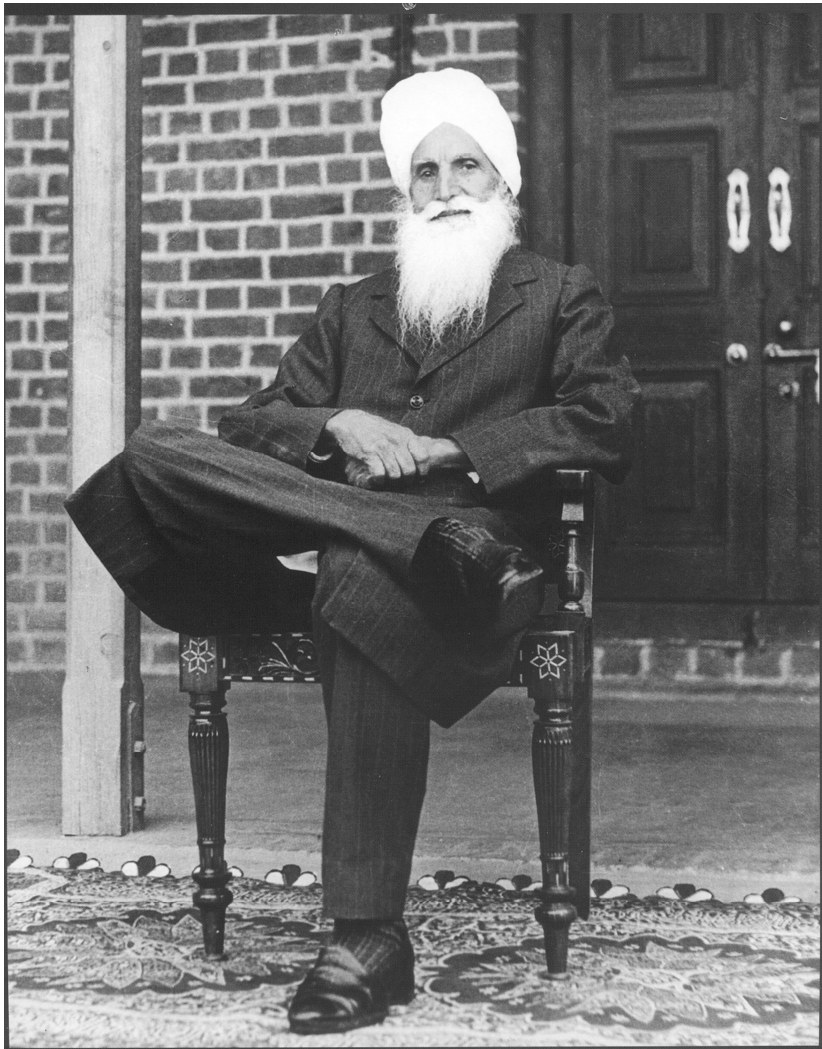
Don't give up simran even if a lifetime of meditation has not produced any satisfactory results. (Sat Sandesh, July 1981, 32)

I was glad to receive your letter intimating your initiation. It is a straight path, though difficult and laborious. The first thing is to make your mind motionless, which is possible only by means of repetition of the five holy names, with care and attention. It takes years of labor to succeed in this. The rest becomes comparatively easy. (Spiritual Gems, letter 94)

Desire

Although in our heart we may persuade ourselves that we have eliminated desire, yet it is not correct, because as long as the karma is not washed away, which happens at the second stage only, the spiritual progress is only by fits and starts and not uniform – just like an ant ascending a wall. Until those karmas are burnt, it cannot be said that the practitioner has abandoned desire.

(The Dawn of Light, letter 29)



Your inability to concentrate properly is due to your worldly desires, which must be brought under control till you reach the point when love of God becomes an all-consuming passion, and you consider it the be-all and end-all of your existence. (Spiritual Gems, letter 69)

Desire

Desires are the cause of suffering, and he alone is poor who has unfulfilled desires. He who is free from desires is richest. All desires arise in the mind, and when the mind is subdued and is merged in the sound current, the game is won. (Spiritual Gems, letter 174)



Riches or poverty depends on the absence or presence of desires, respectively. He who has no desires is the richest, and the so-called richest is the poorest if his desires are not fulfilled. He who does not need anything is a sovereign. (The Dawn of Light, letter 60)

If the mind could throw away all the worldly desires this moment, the soul would go up like a shot, instantaneously. (The Dawn of Light, letter 28)

Mind

The mind is the most powerful, clever, and cunning of enemies.
(Spiritual Gems, letter 175)

Our mind, we should never forget, is Satan incarnate, and an inveterate enemy of the soul. It does not wish the soul to gain emancipation from its overlordship, and does everything it can to prevent this. In other words, you may call it an imp of Satan – an active agent through which Lucifer spreads mischief and trouble. (Discourses on Sant Mat, 266)

To try to concentrate the mind in the eye center is to pick up a quarrel with it, and it is a lifelong quarrel. If successful in this struggle, the prize is everlasting bliss. Then there is no more revolving on the wheel of births and deaths.
(Spiritual Gems, letter 131)



If it were an easy affair (to control one's mind), Guru Nanak would not have sat on pebbles for twelve years. Christ would not have spent nineteen years in the Tibetan hills and Soami Ji himself would not have contemplated in a solitary, dark, back room for seventeen years. (Spiritual Gems, letter 143)

He who has torn the veil within and brought the mind under control has conquered all the world, and the whole world is under his order.
(Spiritual Gems, letter 118)

The Master Tests the Disciple

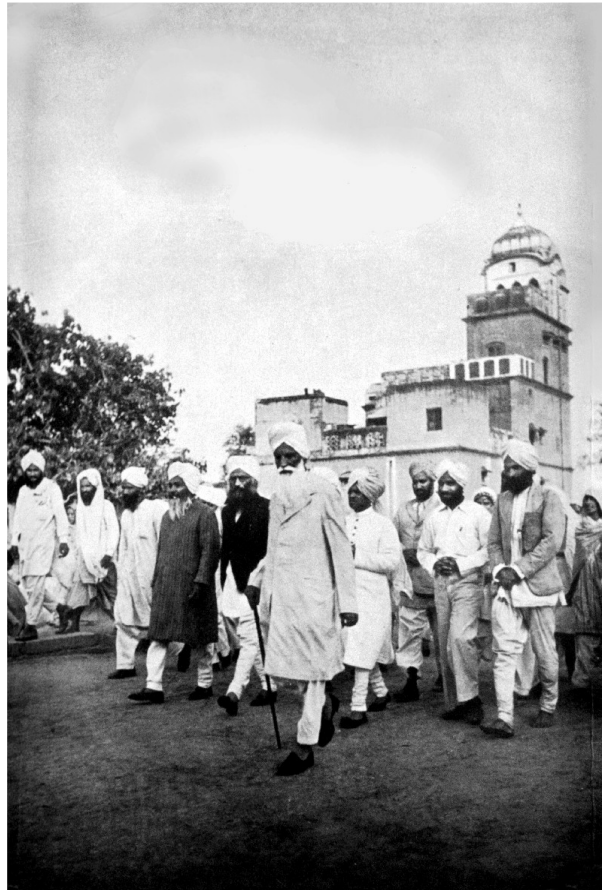
He will open the door only when He has tested our fitness and found us worthy.
(The Dawn of Light, letter 63)



Suppose a man ill-treats you without any fault on your part, you should see in this...the Hand of the Master working. He wants to find out and make known to you, if your self-reverence has died out or not...
(The Self-Introspection Diary, July 4 & 5)

Sweet Remembrance

Remember the Satguru so much so that at every breath a pang of separation from him troubles the heart. This condition will only come when you drive away all other thoughts. (The Ambrosial Hour 127)



I say, even if you are not able to put in much labor, try to develop love for a mahatma or for a realized soul. If you really love a saint or mahatma, then - asleep or awake - you always think of him. Where would you go after death? You go to the place of the person on whom your thoughts have been dwelling all along. (Spiritual Gems, letter 13)

The devotee should try to be in love with the Master at all hours of the day and night, whether waking or sleeping. It would appear impossible, perhaps, to think of him while in sleep; but you will find as you progress that when a soul has made its seat in the eye-focus and moves upward instead of downward as at present, it is always awake. (The Dawn of Light, letter 40)

Surrender

At all times our hearts should be full of love for the Master and our own mind should be so fearless that it should not be ruffled if it were given the kingdom of the world nor if the kingdom of the world were taken from it. (Spiritual Gems, letter 21)

You should be above the idea of death and life – neither fear death, nor desire the joy of life. (The Dawn of Light, letter 73)



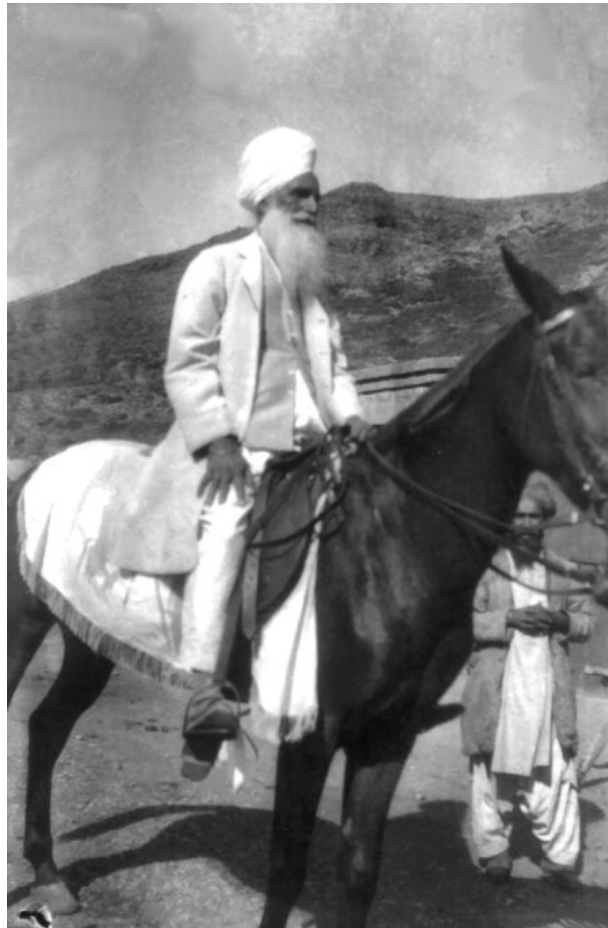
Whatever befalls us is regulated by the direct orders of our Satguru and we should take it as such, as a blessing in disguise. (The Dawn of Light, letter 13)

Take for granted that all that has happened, is happening or will happen, is with His will. (The Dawn of Light, letter 64)

Pain and pleasure of the devotee are in the hands of the Master. He arranges them as he sees fit. The devotee should take delight in pain, for that is also a gift from him... A real devotee makes no distinction in pain and delight; his business is devotion. (Spiritual Gems, letter 49)

Prayer

Attaching attention to anything is prayer to that thing. And prayer is good, for in prayer, mind contracts, and if done regularly with interest and for long periods, mind comes in concentration, and by concentration, mind becomes pure. The purity of mind expresses itself first in clear thinking, then in inspiration and in intuition. (Spiritual Gems, letter 182)



“Sir, can you give us an example of a good prayer?” the Muslim gentleman asked. In reply the Great Master (Hazur Baba Sawan Singh) said, “If I were to pray, I would pray as follows: ‘My Lord! I am ignorant, I do not know what to ask of you. Give me that which you think best for me. And give me the strength and wisdom to be happy about what you deem fit to give me and about how and where you keep me. I have no virtues, no devotion. My actions are all dark and sinful. I possess no merits and my mind has thoroughly crushed me. For a sinner like me, O Lord, there is no refuge but Thy Blessed Feet. Please take me under Thy shelter. I want nothing more. Make me Thy slave, that I may be Thine and Thou mayest be mine.’” (The Call of the Great Master, 134)

Karma

The world is a furnace in whose fires the soul is purified.

(The Dawn of Light, letter 77)

Disease is due to past karma and disappears when the karma has run its course.

(The Dawn of Light, letter 32)

The main events of life are the results of our past actions, and this is debt that stands against us; and like a debtor we should be happy when the debt is being paid off. (The Dawn of Light, letter 66)

The process of cleaning is going on, and after all, what is a ten or twelve years' period, or even one lifetime, in which the karmic accounts of all the previous innumerable lives has to be settled! (The Dawn of Light, letter 53)



Rest assured that before you were born here, the arrangement of your livelihood was made. The pains and pleasures and general run of life were then determined. This was not by any haphazard process, but by a carefully regulated system. (The Dawn of Light, letter 66)

It is easier to pay the karmic debt on the physical plane and it is more advantageous to pay as much of it as possible here than to carry it to the planes within. (The Dawn of Light, letter 73)

Death

We are to leave this world one day, and if we are loving, obedient disciples, and have made proper preparations in this lifetime, we do not have the transition which we call death. While others weep, the spiritually developed soul departs happy – happier than a bridegroom on his wedding day. The time of death is a critical one in our experience, when our friends and relatives are helpless to render any assistance; but for the followers of Sant Mat, it is the happiest time of all. The Master appears and takes the departing soul with him, and puts it in its upward journey at the place for which it is fit. There is no rendering of accounts with Kal, provided there have been love for and obedience to the Master. The departed soul is happier than it has ever been before. There is absolutely no fear of death. The Master's presence within breaks all worldly connections, and the mind is free to continue the upward journey. (Spiritual Gems, letter 164)

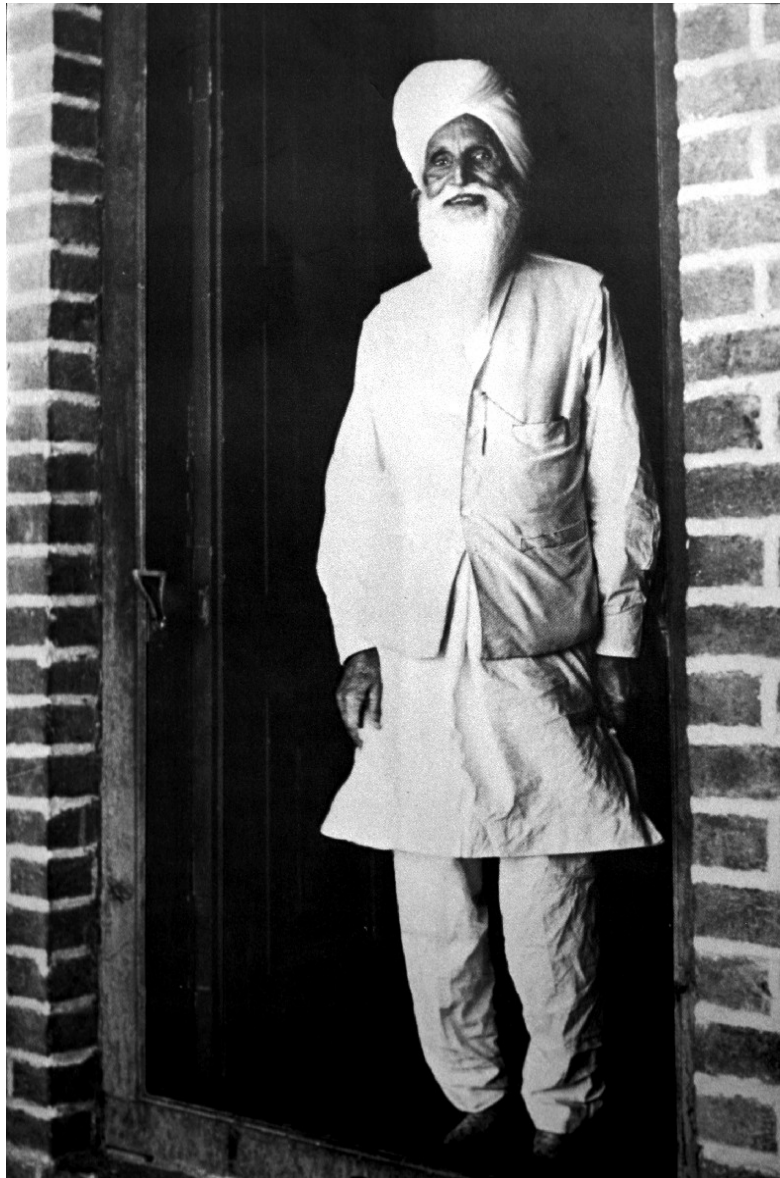


Think of death, what a solemn and awe-inspiring scene it is. At that time neither friends nor our worldly greatness will help us. Only the Word and our Satguru will relieve us. Therefore, even now begin to prepare for that event, lest you be found wanting in the time of trial. (The Dawn of Light, letter 5)

The physical body is like a coat that we took from Kal at birth, and we have to return it to him one day. There should not be any hesitation in returning what was borrowed. The devotee goes to a far better state and he does not hesitate to take a velvet coat in exchange for this one of coarse material. And if the devotee has made preparation for this day during his lifetime, he does not suffer even at this transition period, but is happy like a bridegroom. (The Dawn of Light, letter 40)

Rebirth

A soul whose tendency is towards worldly pleasures and goods will have to be reincarnated, while no force can give a rebirth into this world to those whose tendency is upward. (The Dawn of Light, letter 42)



We are born again and again because the attention is given deeply to desires, and unfulfilled desires bring the attention back. (The Dawn of Light, letter 64)

Those who have worldly desires left in their mind at death will have to be reborn, not withstanding their devoting long hours to spiritual exercise. (Spiritual Gems, letter 122)

Retirement

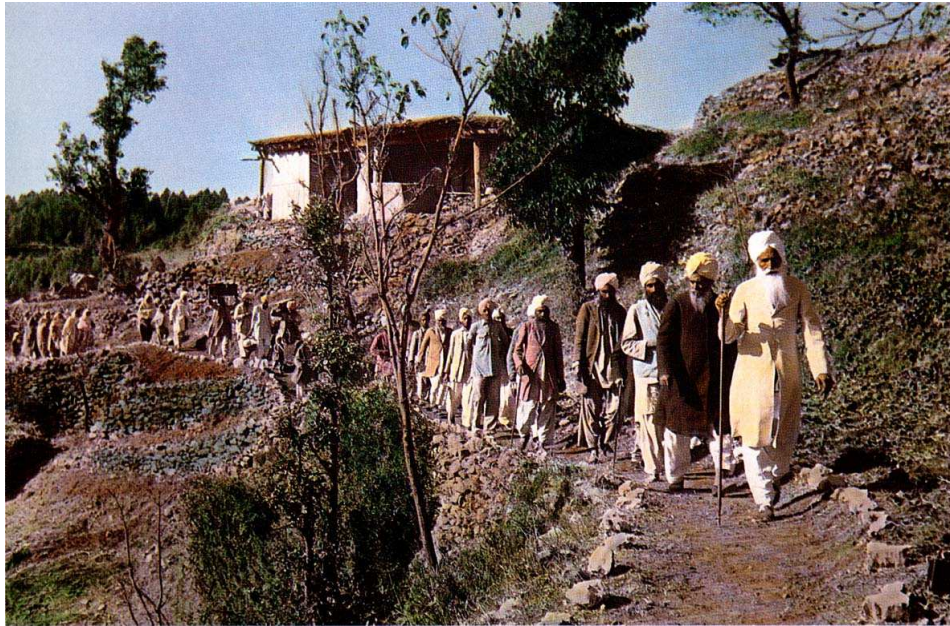
To one who had recently retired on a pension, Hazur said: “You should look upon this day as your most lucky day. You have played your game well. All your worldly duties are over. Now you should do something for yourself. Up to this time, you have been doing other's work. Now do your own. All desires and worldly cravings should be turned out of your mind. Tell your mind that you have finished your game in the world and now God's innings begins. Take your mind out from family, property, wealth, honor, country and all other connections with the world. Bring your mind to such a state that existence or non-existence of these things may have no effect on you. Now devote all your thought, attention and time to God and God alone. Become His now. Cleanse your mind of everything else. Think day and night of Bhajan and of nothing else. Work hard. Fight the mind fearlessly. The Guru is with you. With His help, subdue the mind.”



Miscellaneous

Defeat is not so bad as the admission of defeat. (Spiritual Gems, letter 82)

Speaking evil of others is the greatest sin, and they who do it are fools.
(Spiritual Gems, letter 162)



...always obey the Master's orders and follow the rules of nonresistance as far as practicable. (The Dawn of Light, letter 6)

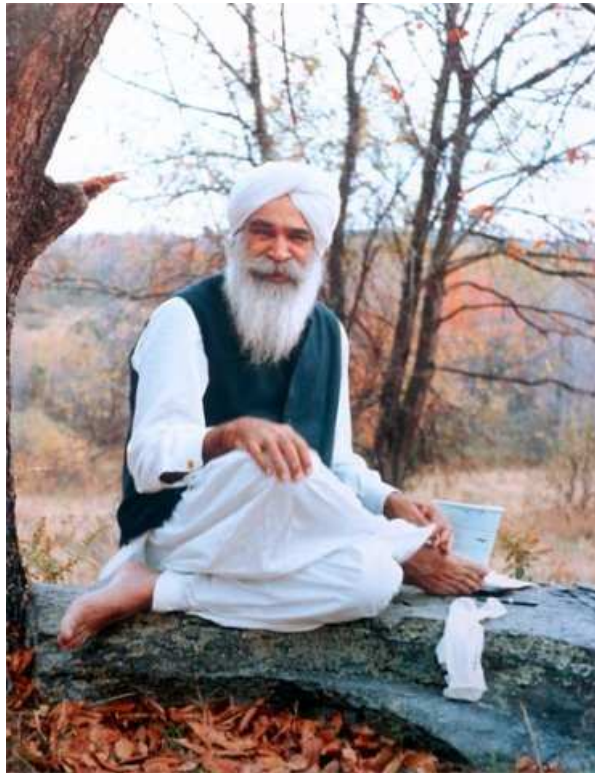
Manmukh is the opposite of Gurmukh. A manmukh follows the mind, but a Gurmukh follows the Guru or the Word. The manmukh is an idiot for he does not take the long-range view of things. (The Dawn of Light, letter 73)

Obedience to the Master's instructions makes the student's path easier and facilitates progress. (Spiritual Gems, letter 136)

The greater the solitude, the better. There is no better luck than solitude.
(Spiritual Gems, letter 118)

When a soul (child) comes in the world we say he is born. In reality the soul has been entombed in the grave of the physical frame, so it is more appropriate to say that it has died. When it comes in contact with the saints and gets initiation, it is attached to Nam and is getting out of the grave of the physical frame. So it is appropriate to say that it is born, or reborn. The day of initiation is the birthday. (Spiritual Gems, letter 24)

The deeper the love for the Master takes root in you, the fainter will be the worldly love in you. His love will displace the love of earthly things. Then the mind and spirit will transcend the flesh and the curtains will rise before you, one by one. The dark mysteries of the universe will become revealed to you and you will find yourself in the loving lap of the Holy Father; in fact, you will be one with Him. (The Dawn of Light, letter 4)



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